

OFFICIAL NEWSLETTER OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

The ABSENTEE SHAWNEE

LI-SI-WI-NWI "AMONG THE SHAWNEE"

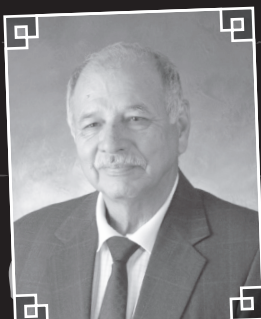
news



Executive Committee



George Blanchard
Governor



Dan Little Axe Sr.
Lt. Governor



Alecia Onzawah
Representative



Michelle Lopez
Secretary



Anita Chisholm
Treasurer

Governor's Report

Hello Fellow Tribal Members:

November and December have been very busy, and I hope, productive for Tribal Government. Due to diligent, hard work by our finance department we have now come to know the true and factual state of the Tribe's financial status.

According to the financial department, the 2009 budget was authorized on projected income from all Tribal entities totaling \$2,600,000.00. The actual revenue turned out to be only \$1,300,000.00. This is half of the projected income. Due to this shortfall, the fund balance has dropped about \$1,000,000.00 leaving the Tribe short of funds for almost all programs funded by the General Fund. The Executive Committee and the financial department have worked hard to make adjustments for the 2010 budget based on actual revenues and not overly optimistic projections. Other than children's programs, all program directors, and Executive Committee members have made drastic cuts and made sacrifices in order to bring the fund back into the black. It is the intention of the Executive Committee to allocate money the Tribe DOES have, not money the Tribe WILL have, or MAY have. I would like to thank each and every program director, the finance department, and the Executive Committee members for their hard work and unselfish budget cuts and sacrifices made in making this happen.

The Executive Committee has worked very hard on the Organizational Chart and we think we now have a workable chart for Tribal operations. I want to thank

all Executive Committee Members for their work and input on this matter. Official notice should be made in the next few weeks.

I realize this report sounds rather pessimistic, but let me assure you that is not my intention. I promised to be truthful and give you all honest answers and that is what I am doing. Although the budget is in need of repair, I feel that the efforts made will help us to operate in the black and become more stable financially in 2010.

It is my hope, and the hope of my family that every one had a merry Christmas, and a safe and happy new year.

I'll do my best to have a more upbeat report next month.

Secretary's Report

Tribal members,

I would like to start off by saying I hope everyone was truly blessed with the holidays. I hope you will be able to stick to you New Years Resolution.

I hope 2010 will be a prosperous year for the tribe and that we can come together and make things happen for our tribe.

In November I attended the Annual G2 convention in Las Vegas as a board member of TEC Inc. It was very interesting to learn more about the gaming industry and what will be coming in the future for gaming. Lots of information and classes on different topics such as

The Evolution of Gaming Regulation: How the Economic Downturn Impacted Gaming Control, Indian Gaming and the Obama Administration it was very informative.

The first of December, The Treasurer and I along with other staff attended the Journey to Justice Summit on Violence against Indian Women in Oklahoma at Oklahoma City this too was a very informative summit. Lt. Governor Jefferson Keel of the Chickasaw Nation and newly elected President of the NCIA delivered the summit keynote address on violence against Indian women and also in attendance was Chris Chaney, Deputy Director from the Office of Tribal Justice, Dept. of Justice. He spoke during the luncheon also and was very informative.
Did you Know?

This is a major problem in Indian country and although much work still needs to be done to reduce violence against American Indian women. If you or someone you know needs help please don't hesitate to call one of the help lines listed above.

This is a new year and its time to start thinking about serving your tribe by being on a board or commission. If you are interested on serving on any of the Boards, Committees, or Commissions please send a letter of interest to my office. We currently have openings. However you may only serve on one board at a time. Well that's all I have at this time and hope everyone is doing okay. Please feel free to stop by my office.

Thank you, Secretary Lopez

Treasurer's Report

I am looking forward to Christmas. I love all the excitement and fun times with family and friends. The atmosphere of sharing, caring and laughing with all those we love dearly has always been treasured moments in my life. Down through the years I had some wonderful times at Christmas. I hope that is the case for you and your family.

I had planned to attend the old photo's workshop, the Elders Pow Wow and the Veterans dinner as stated in my last article. Unfortunately I couldn't make it for

various reasons. I understand all three events went well for all who attended.

All Nations Bank had some good news for the EC this month. The new leaders of the bank feel we could possibly see the opening of the branch on the campus complex in 2010. Following that we could also see a branch open in the OKC area in 2011. The loans have increased greatly at the bank this past year and we expect to see even more growth in 2010. Perhaps this will be the year AllNations really starts moving forward. We hope so. Finally what was forced to a screeching halt in the summer of 2005 can start that upward spiral of growth.

Budgets are currently being negotiated. The 2009 Budgets were reduced from the prior year and we have found that our budgets for 2010 will require another cut. Unfortunately we aren't bringing in the capital we need to cover our general fund. We have collected all the indirect cost we can from our grants/contracts but we still aren't bringing in enough to cover our general fund budget. Our collections from the casino, taxes, etc. are getting better but we still aren't where we should be. All we can do is cut our expenditures where we can until we can bring new monies and new business into the Tribe. I'd really like to challenge our ASEDA, Inc. group to get on the ball and help our Tribe move forward in the economic development arena. We should be able to start our 2009 audit shortly after the first of the year. I am sure we'll get a clean audit for 2009. That will make two clean audits for 08 and 09. Hooray!

Well I think I'll sign off here for the month. Thank you for your comments and concerns and keep them coming. I enjoy hearing from each of you. As you start 2010, I pray that each of you have a beautiful new year that is filled with a lot of love and caring. Pray for our Tribe that we will continue to grow and bring in new programs that will benefit all our families. I know the Tribe is having a hard time financially but we are improving and will continue to do so with your prayers. The economy is down all over the country and our tribe is no exception. One thing we can always count on is that "things always get better eventually". Next year should be even better!

FINANCE DEPARTMENT JANAURY 2010

The Finance Office has made great progress in getting the day to day activities flowing efficiently and effectively through communication between our offices and the Programs. In working together, we have found the most time effective and cost effective process for transacting business. Thanks to the Executive Committee and all the programs for their support and understanding during this endeavor.

Our 2008 audit was completed late August 2009. Accounting was caught up and financials were completed through June 2009 for the second quarter and then again for October 2009 for the third quarter.

The Tribe has submitted the 2010 indirect cost proposal and expects an approved rate in March 2010.

The Finance Department has begun preparation for the 2009 Audit. Once the 2009 Audit is completed we will begin the Indirect Cost Proposal for 2011. It is imperative the accounting / bookkeeping be caught up and continues to stay caught up so that audits go smoothly. Audits affect the ability to submit indirect cost proposals which affects grants. We expect the audit to be completed by the end of May so that we can prepare the indirect cost proposal; which is due by June 2010.

After the interview process a selection was made for an Assistant Controller. Genevieve Foster was selected. She has been with the Tribe since June of 2007 and she has held the position of Staff Accountant II/Cash management and Grants Accountant before her promotion to Assistant Controller. Genevieve has an accounting degree and has sat for the CPA exam. We are very proud to have Genevieve on our team. Congratulations, Genevieve!

In the effort to cut costs, we are combing the Grants duties with the Assistant Controller duties and have hired a Staff Accountant II / Reconciliations - Journal Entries. We are proud to announce that we have hired a Tribal member for this position.

The Absentee Shawnee Tribe's Finance Department has a very hard working group of people and it is an honor to work with them and at the Absentee Shawnee Tribe. This department would like to extend a special thanks and note of appreciation to the Executive Committee for providing the tools, resources and support to enable the finance staff to accomplish what has been accomplished. A special thanks and note of appreciation to Program Managers and employees of the Tribe for their assistance and dedication in our group effort toward accomplishing our goal. Now that we are caught up, we are dedicated to continue our efforts in this direction.

If you have any questions or needs, please call 405-275-4030 ext 162 and I will be glad to assist you in any way I can.

Thank you,
Belinda Collins, Controller

(thru 12/31/2009)														
TAX CATEGORY	YEAR-TO-DATE												% OF COLLECTIONS	
	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER		TOTAL
Sales (6%)	\$13,683.19	\$13,201.74	\$6,070.96	\$9,073.01	\$3,992.80	\$9,207.56	\$7,314.45	\$7,638.50	\$5,074.47	\$11,461.41	\$9,702.24	\$11,747.37	\$108,167.70	6.53%
Gaming % of Fee cash	\$85,000.00	\$116,114.00	\$125,239.00	\$181,743.00	\$60,000.00	\$217,527.00	\$98,732.00	\$60,000.00	\$110,911.00	\$100,608.00	\$53,236.00	\$74,073.00	\$1,283,183.00	77.44%
Employee (1%)	\$13,066.41	\$8,309.81	\$7,358.43	\$7,538.09	\$7,456.64	\$9,511.98	\$7,810.92	\$10,532.94	\$7,716.60	\$8,039.34	\$5,514.53	\$12,589.94	\$105,445.63	6.36%
Severance (8%)	\$1,763.38	\$909.99	\$3,161.33	\$2,199.15	\$1,722.03	\$1,841.43	\$1,252.70	\$1,288.98	\$3,947.86	\$1,418.42	\$2,317.10	\$4,644.61	\$26,466.98	1.60%
Motor Vehicle	\$8,776.01	\$11,549.23	\$13,846.53	\$11,340.75	\$9,884.95	\$10,828.21	\$12,753.53	\$11,221.93	\$8,982.20	\$14,955.36	\$7,569.60	\$8,034.13	\$129,742.43	7.83%
TOTAL TAXES	\$122,288.99	\$150,084.77	\$155,676.25	\$211,894.00	\$83,056.42	\$248,916.18	\$127,863.60	\$90,682.35	\$136,632.13	\$136,482.53	\$78,339.47	\$111,089.05	\$1,653,005.74	
Miscellaneous	\$1,009.92	\$355.38	\$275.00	\$190.00	\$117.50	\$195.00	\$162.50	\$140.00	\$100.00	\$290.00	\$125.00	\$1,010.00	\$3,970.30	0.24%
TOTAL COLLECTIONS	\$123,298.91	\$150,440.15	\$155,951.25	\$212,084.00	\$83,173.92	\$249,111.18	\$128,026.10	\$90,822.35	\$136,732.13	\$136,772.53	\$78,464.47	\$112,099.05	\$1,658,976.04	100%

NOTE:

MM for April reflects a returned ck.
MM for May reflects a returned ck.
MM for Aug reflects a returned ck.

CONSTITUTION REVISION MEETING

January 16, 2010

9:00 AM – 2:00 PM

LITTLE AXE RESOURCE CENTER

FOR MORE INFORMATION CONTACT:

BRIANA PONKILLA (405) 275-4030 or bponkilla@astribe.com

**WANT FREE TAX SERVICE?
FREE E-FILING?**



Of course you do. Volunteer attorneys, staff and law students will be available at the following times and places to professionally prepare your federal and state tax returns and e-file them, all at no cost to you.

Absentee Shawnee Tribal Complex
Building 3 (Treasurer's Offices)
9:00 a.m. until 4:00 p.m.

Friday, January 15, 2010
Friday, January 22, 2010
Friday, March 5, 2010
Friday, February 12, 2010

Friday, February 19, 2010
Friday, February 26, 2010
Friday, February 5, 2010
Friday, March 19, 2010

Friday, January 29, 2010
Friday, March 12, 2010

Just bring to the site all your tax documents: W-2's, 1099's, childcare provider information, driver's license(s)/photo id(s), social security cards (copies are acceptable), and any other documents you think may be necessary to prepare your taxes. Copies of your 2008 tax returns would be helpful, but not required. If you want refunds deposited in your checking or savings accounts, we need the bank routing and account numbers.

**Sponsored by: Absentee Shawnee Tribe of Oklahoma
Oklahoma Indian Legal Services, Inc.**

**The following are Resolutions passed
during the month of November 2009**

EXECUTIVE RESOLUTIONS:

E-AS-09-96 11/30/09

Establishes Holidays for Calendar Year 2010 as set out herein. Vote: Lt. Governor: Yes; Secretary: Yes; Treasurer: Yes; Representative: Yes

New Years Day	-	January 1, 2010
Martin Luther King Day	-	January 18, 2010
Presidents' Day	-	February 15, 2010
Good Friday	-	April 2, 2010
Memorial Day	-	May 31, 2010
Independence Day	-	July 5, 2010
Absentee Shawnee Day (Monday after the dance)	-	August 2010 (TBD)
Labor Day	-	September 6, 2010
Veterans Day	-	November 11, 2010
Thanksgiving Holiday-	-	November 25 & 26, 2010
Christmas Holiday	-	December 23 & 24, 2010
New Years Day	-	December 31, 2010

E-AS-09-97 11/30/09

Approves and accepts Jessalynn Rae Ann Panther, Dakota Eric Panther, Terry Wayne Alford and William Panther IV as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution. Vote: Lt. Governor: Yes; Secretary: Yes; Treasurer: Yes; Representative: Abstain.

E-AS-09-98 11/30/09

Grants voluntary relinquishment of membership of the Absentee Shawnee Tribe of Indians of Oklahoma to Jennifer Ann Onzawah, provided that she is accepted into the Kickapoo Tribe of Oklahoma. Vote: Lt. Governor: Yes; Secretary: Yes; Treasurer: Yes; Representative: Yes

E-AS-09-99 11/30/09

Adopts the revision of the Children's School Clothing Allowance Program General Guidelines be revised and the updated guidelines (attached) will supersede any existing School clothing allowance Program General Guidelines; EFFECTIVE JANUARY 1, 2010. (Attachment) Vote: Lt. Governor: Yes; Secretary: Yes; Treasurer: Yes; Representative: Yes

E-AS-09-100 11/30/09

Does notify the Governor of the State of Oklahoma and the OWRB that it asserts tribal water rights within the tribal jurisdictional boundaries of the Absentee Shawnee Tribe of Oklahoma, and desires to engage in government-to-government discussions and negotiations with state officials concerning these rights and resources. Vote: Lt. Governor: Yes; Secretary: Yes; Treasurer: Yes; Representative: Yes
LEGISLATIVE RESOLUTIONS:

L-AS-09-21 11/30/09

Authorizes and approves the purchase of the Series B COPS Bonds for the Joint Venture Project in the amount of Two Million Three Hundred Forty Thousand Dollars and no cents (\$2,340,000.00), EFFECTIVE IMMEDIATELY. Vote: Lt. Governor: Yes; Secretary: Abstain; Treasurer: Yes; Representative: Abstain

L-AS-09-22 11/30/09

Authorizing and approving the liquidation of Four Hundred Forty-five Thousand Eight Hundred Eighty-eight Dollars and zero cents (\$445,888.00) from the Merrill Lynch investment accounts and authorizing and approving the use of those funds to purchase the Series B COPS bonds, EFFECTIVE IMMEDIATELY. Vote: Lt. Governor: Yes; Secretary: Abstain; Treasurer: Yes; Representative: Abstain

L-AS-09-23 11/30/09

Authorizes and approves the reinvestment of remaining funds necessary from Li Si Wi Nwi Health, Inc. to complete the purchase of the Series B COPS bonds for the Joint Venture Project, EFFECTIVE IMMEDIATELY. Vote: Lt. Governor: Yes; Secretary: Abstain; Treasurer: Yes; Representative: Abstain

**SPECIAL GENERAL COUNCIL
MEETING**

February 20, 2010

9:00 a.m. - 12:00 p.m.

Little Axe Resource Center

**Discuss Constitution Revision
items ONLY**

FROM THE ELECTION COMMISSION:

TRIBAL MEMBERS the following calendar shows the office hours for the Election Commission for the month of January. The office will be open Monday thru Friday for the first week in January 8:00 a.m. - 12:00 p.m. and 1:00 p.m. - 5:00 p.m.. Then starting the **12th** of January the office will be open only on **Tuesday** and **Thursday** from **1:00 p.m. - 5:00 p.m.** The February Tribal Newsletter issue will contain the calendar showing the Election Commission's office hours for the rest of the year.

JANUARY						
S	M.	T	W	T	F.	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

FROM THE ELECTION COMMISSION:

This is to announce the offices up for Election in 2010 and to remind everyone that is interested in filing for office that the filing period is January 1, 2010 to January 10, 2010. **(Excluding weekends and Holiday.)**

EXECUTIVE COMMITTEE

POSITION	TERM	FILING FEE
Lt. Governor	2 Year	\$500.00
Treasurer	2 Year	\$500.00
Representative	2 Year	\$500.00

ELECTION COMMISSION

Election Commissioner	3 Year	\$125.00
Election Secretary	3 Year	\$125.00

FROM THE ELECTION COMMISSION:

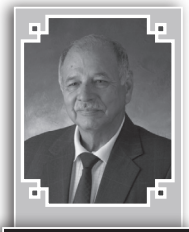
The following people have filed for elective office but have not been certified by the Election Commission.

Executive Committee

LT. GOVERNOR



Isaac Gibson



Dan Little Axe Sr.



Alecia Onzawah

TREASURER



Scott Miller



Kathy Deere



Briana Ponkilla

TRIBAL REPRESENTATIVE



Roy Larney

No Photo
Available

Jeff Gibson

No Photo
Available

Betty Watson

Election Commission

Election Commissioner

No Photo
Available

Sabrina Little Axe

Election Secretary



Meredith Wahpekeche

PLEASE fill out EACH BLANK completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible Voter
(Print Name)
of the Absentee Shawnee Tribe on or before March 20, 2010. I cannot physically be present
to cast my Vote at the **March 20, 2010 Primary Election**, therefore, I am requesting an
Absentee Ballot be mailed to me at the following address.

Name (please print): _____
(first) (middle) (maiden) (last)
Address: _____ City: _____ St: _____ Zip: _____
CDIB#: _____ Date of Birth: _____
Signature: _____ Date: _____

All **REQUESTS** must be returned to the Election Commission by the deadline of
February 28, 2010

Return this Form to:

Absentee Shawnee Election Commission
P.O. Box 741
Tecumseh, OK 74873

Phone: (405) 275-4030 ext. 150
Toll free number 1-800-256-3341
Fax # (405) 273-1337

All eligible voters are entitled to vote, either at the Polls or by Absentee Ballot.
For your convenience - This request may be duplicated

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission/Representative

THE GOVERNOR'S CORNER

Says for the month

First I want to apologize for last months mistake in "The Governor's Corner". #8 Sweep the floor. Ka-ge-ki-ti yo-mi ti-ta-pi-ke-fa-ke is correct.

Are you cooking?

- 1.a hi-ke ke-sa-lo?
2. I'm going to boil some tea.
- 2.a me-sa-se-ke-wi-po ne-si ko-lo-fi.
3. I like to eat eggs.
- 3.a ho-wi-wi le-we ne-we-ke-ti-ni.
4. Lets go to the movies.
- 4.a ka-pi-wi pi-ka-pa.
5. Did you bring lunch?
- 5.a hi-ke pi-ni-po?
6. I want to drive.
- 6.a ne-mi-ta pa-ma-se-ki.
7. Stop the car, I'm walking.
- 7.a ni-ke-ni-no yo-mi mi-ke-le-qi, na-si-ke-to-fa
8. When can we eat watermelon?
- 8.a ti-ne-wa li-qi ta-pe se-ke-ti-ma-ke na-me-ge-pa?
9. Do you smoke?
- 9.a hi-ke pi-po-ta-fe-wi?
10. Lets go to pick pecans.
- 10.a ka-pi ki-fa-me-ne-ka-pa.
11. I moved to a different house.
- 11.a ko-ti-ke we-ke-wi ne-ta-hi-ge.
12. Have clean thoughts.
- 12.a ka-ho-fa-pe-ta-ha-pe-wi.

I hope you all enjoy these sayings. Learn them and then teach them to some one else. Keep our language alive.
George

CURRENT JOB POSTINGS AS OF December 14, 2009

GAMING COMMISSION

-Surveillance Director

COURT/LEGAL/POLICE

-Supreme Court Tribal Judge

EDUCATION

-Coordinator Tribal Youth Program

BUILDING BLOCKS

-Part-Time Teacher
-(2)Food Service Preparation Specialist
-(2)Teacher
-Program Assistant
-Master Teacher
-Assistant Teacher

HEALTH

-Physicians Assistant
-Dental Assistant
-Registered Nurse-Diabetes
-Patient Benefit Advocate/Billing Technician

FAMILY SERVICES

-Social Services Director

ICW

-Child Protection/Foster Care Worker

MIS

-Programmer

Job descriptions will be available online:
<http://www.astribes.com/Employment.html>

If you have any questions about the job positions and their job descriptions you can also contact Natalie in the Human Resources Department at the Absentee Shawnee Tribe of Oklahoma at: (405)275-4030 ext. 170





New Years and Resolutions

It's the New Year and many of us have a New Years resolution...losing weight, exercising more/getting in shape, and eating right or healthier usually make the list. Making small behavior changes over time will help us improve our lives to live happier and longer.

Helpful tips to guide eating healthy include:

- Setting realistic goals to fit you. Losing 50 lbs in 3 months is both unrealistic and harmful aim at losing 7% of your body weight. For instance a 200 lb individual should aim for losing 14 lbs to decrease the risk of diabetes by 50%.
- Don't give up the foods you like, sometime you will crave them even more.
- Cut your portions in half.
- Limit meals with fried foods to less than two times a week.
- To increase vegetable consumption, try adding lettuce and tomato to your sandwich, this gives you a ½ serving of vegetables.
- Add your choice of fresh fruit for a snack (apple, banana) instead of chips or candy this will save at least 100 calories.

Helpful tips to guide increasing physical activity include:

- Choose activities you enjoy and can do regularly.
- Take a brisk 10 minute walk for breaks.
- Park your car further away at the store or work.
- Recruit an exercise partner.
- Keep a pair of walking/running shoes in the car or at the office.
- Visit the Absentee Shawnee Fitness Facility or the Resource Center for an exercise plan to fit your exercise needs.

Be patient and don't give up. You may not see a huge difference right away; behavior change takes time, commitment and encouragement. Don't beat yourself up if you get off track and give yourself a pat on the back for what you have accomplished. Baby steps are the key to sustaining changes. For more information to help you reach your health goals please contact the Absentee Shawnee Wellness Program for nutritional information and a fitness program to fit your needs. Feeling good and having the best possible health is good for everyone.

Contact information:

Shawnee Wellness Facility: 405-878-4702

Diabetes Program: 405-360-0698

Little Axe Resource Center: 405-364-7298

Diabetes and Heart Disease

I have diabetes—why should I worry about heart disease?

If you have diabetes, you have a high risk for having a heart attack or a stroke. You are more likely to get heart disease—and at a younger age—than someone without diabetes.

There are things you can do to reduce your risk for heart disease. Learning about the ABCs of diabetes can help you control your condition and stay healthy.

What are the ABCs of diabetes?

A stands for the A1c test. This test measures your blood sugar over the past three months. It is the best way to know if your blood sugar is under control. Ask your doctor for an A1c test at least two times a year. Get the test more often if your blood sugar stays too high or if your doctor changes your treatment plan. The A1c goal for people with diabetes is below 7 percent.

B stands for blood pressure. High blood pressure makes your heart work too hard. Your doctor should take your blood pressure at every office visit. The blood pressure goal for people with diabetes is below 130 over 80 (this is the same as 130/80 mm Hg).

C stands for cholesterol. “Bad” cholesterol, or low-density lipoprotein (LDL, for short) cholesterol, builds up and clogs your arteries. Ask your doctor to check your cholesterol level at least once a year. The LDL cholesterol goal for people with diabetes is below 100 milligrams per deciliter (100 mg per dL).

What can I do to reduce my risk for heart disease?

- Ask your doctor what your ABC numbers are and what you can do to reach your target ABC numbers.
- Exercise every day.

- Eat less fat and salt.
- Eat more fiber: whole grains, fruits, vegetables, and beans.
- Stay at a healthy weight.
- If you smoke, ask your doctor to help you stop.
- Take the medicines your doctor prescribes for you.
- Ask your doctor if you should take aspirin every day.

Where can I learn more about diabetes and heart disease?

American Diabetes Association

Telephone: 1-888-342-2383

Web site: www.diabetes.org

American Dietetic Association

Telephone: 1-800-366-1655

Web site: www.eatright.org

American Heart Association

Telephone: 1-800-AHA-USA1

Web site: www.americanheart.org

Centers for Disease Control and Prevention

Telephone: 1-877-232-3422

Web site: www.cdc.gov/diabetes

National Heart, Lung, and Blood Institute

Telephone: 301-592-8573

Web site: www.nhlbi.nih.gov

National Institute of Diabetes and Digestive and Kidney Diseases National Diabetes Information Clearinghouse

Telephone: 1-800-860-8747

Web site: www.niddk.nih.gov



Honoring Freddie "Don" Little



The National Native American AIDS Prevention Center (NNAAPC) is proud to announce that Don Little (Absentee Shawnee/Seminole) has been awarded the 2009 Marty Frank Award for his continuing leadership in the fight against HIV/AIDS in the Native community.

Don Little, MPH, has been an active volunteer in HIV/AIDS prevention, education, care and treatment in Oklahoma since 1989. In 1992, Don co-founded the first Native American MSM support group for the Abalaya Case Management Program. He was instrumental in organizing the Western Oklahoma Native American AIDS Task Force, which later became the Oklahoma Native American AIDS Coalition, of which he has served as the volunteer co-chair since 2002. He has served on the Oklahoma State Community Planning Council for HIV prevention since 2002, including one year as the State Community Chair for one year. In 2004, Don was the Native American liaison for the first Rapid Assessment, Response, and Evaluation (RARE) project for Native MSMs in the United States. He is also part of the Inter Tribal Council's National Native American Community Planning Group and NNAAPC's Community Advisory Council. Don was recognized by the Indian Health Service with the Elders Outstanding Service Award during the 2008 American Indian Elders Conference in Oklahoma City.

He is often times the only American Indian member or advocate in the room and invariably stands up for Native issues when nobody else will. Don is known as a great teacher and advocate, and does his work in a caring, effective, and humanitarian manner — and has done so for many years. He is a quiet, unassuming hero who has done much good in terms of bringing people together.



Are American Indians and Alaskan Natives more likely to die from 2009 H1N1 than the general population?



A recent investigation found that American Indians and Alaska Natives (AI/AN) are **4 times** more likely to die from 2009 H1N1 than the general population. (from CDC, 12/11/2009)

The H1N1 Flu (also called swine flu) vaccine is available at AST Clinics!

We have seen dozens of cases of confirmed flu in our clinics!

The 2009 H1N1 vaccine is available for Tribal members if you are in one of the high-priority groups:

Pregnant women;

Children and Caregivers to children under 6 months of age;

People with underlying health disorders like asthma, diabetes, or heart disease.

For more information about H1N1 flu, call one of the AST Clinic's:

Shawnee Clinic 878-5850

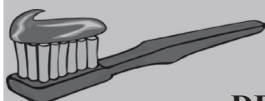
Little Axe Clinic 447-0300

HEY PARENTS/CAREGIVERS

Happy New Year! From Contract Health

Start the New Year off Right! Make your resolution to help the next generation. How?

Schedule a Vision Screening and Dental Exam Today!



DENTAL EXAMS

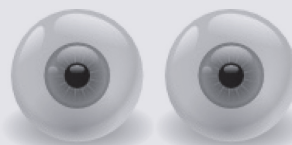


Dental disease is preventable. Prevention at an early age will give children a cavity free life.

Children should see a dentist by their first birthday and from then on have a yearly cleaning.

The staff at the AST Dental Arts Clinic want to provide our children every opportunity for healthy teeth. Call the dental clinic at 405-447-0300 to schedule your child's appointment.

Any questions call Contract Health at 800-878-4702 or local 405-878-4702.



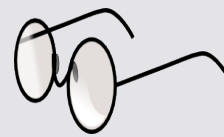
VISION SCREENING

To provide effective preventive care for children a yearly vision exam should be done.

Eye exams should start at the age of kindergarten or first grade.

Contract Health provides Optometry Services up to \$350.00 per year for eye exam, eyeglasses and/or contact lenses for eligible citizens.

Any questions, please feel free to call Contract Health at 800-878-4702 or local 405-878-4702.



CHILD PASSENGER SAFETY



Growing up Safe: It's a four-step process. As children grow, how they sit in your car, truck or SUV should change. Save your child from injury or death by observing all four steps:

STEP 1: Rear-Facing Seats: For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit or the particular seat. At a minimum, keep infants rear-facing until a minimum of age 1 **AND** at least 20 pounds. The top of the child's head should be well contained within the shell (unless the manufacturer's instructions state otherwise) not less than 1 inch from top of shell.

STEP 2: Forward-Facing Seats: When children outgrow their rear-facing seats (at a minimum age 1 **AND** at least 20 pounds) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds)

STEP 3: Booster Seats: Once children outgrow their forward-facing seats (usually around age 4 and 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. Seats belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).

STEP 4: Seat Belts: When children outgrow their booster seats (usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).

REMEMBER: ALL CHILDREN UNDER 13 YEARS OF AGE SHOULD RIDE IN THE BACK SEAT. Always read the child restraint instructions and the vehicle owner's manual.

If you have any question or concerns about your child's car seat, call for an appointment with the AST Indian Child Welfare Department to inspect the car seat and to answer your questions. The ICW staff members are certified child passenger safety technicians through Safe Kids Worldwide.

AST Indian Child Welfare Department, Melissa Lopez and Jackie Denny, (405) 275-4030.

The Domestic Violence Department would like to give a huge thank you to the "Quilt n Queens" for their donation of quilts, stuffed animals, crayons, and coloring books. The "Quilt n Queens" chose to donate to the AST Domestic Violence Program because of the victims and their children that are affected with domestic violence. These items are all needed for the victims and their children when they have had to leave a violent situation with nothing.



from left to right:
Margaret Ellis, Family Services
Rick Short, Family Services
Tresha Spoon, Family Services
Kimberly Stephens, Family Services
Janet Jeske, Quilt n Queens
Sherry Jeske, Quilt n Queens

Quilt n Queens

We meet two times a month to sew quilts all year long. This year we did over 100 quilts, and in December we give quilts to several different organizations.

Quilters are:

1. Sherry Jeske
 2. Ann Jeske
 3. Sharon Howard
 4. Doris Lyons
 5. Connie Rawls
 6. Ruth Suddock
 7. Mary Spencer
 8. Janet Jeske
- 15001 Valley View Rd.
Shawnee, Oklahoma 74801
275-2502

The purpose of the Summit was to bring together key stakeholders and representatives from tribal, state, local, and federal agencies to discuss how to improve the systemic response to violence against Indian women in Oklahoma. The Journey to Justice Project convened the tribal and state leadership to discuss and confront the issues and barriers facing Native American victims of interpersonal violence in Oklahoma. The Summit took place on December 2nd and 3rd, 2009 in Oklahoma City.

Oklahoma presents many challenges due to the checkerboard jurisdiction, which leaves native women (who are victims of these crimes) without the ability to seek justice. These legal loopholes and gaps in the criminal justice system result in a lack of offender accountability.

Domestic violence, sexual assault, stalking, and dating violence are interpersonal violence crimes that destroy families, communities, and the lives of the victims. This was a historic summit that presented the problems and showcased the effective tribal strategies from Oklahoma tribes and sought solutions to the problems from the tribes in attendance.

Those that attended from the Absentee Shawnee Tribe was Kimberly Stephens, Domestic Violence Advocate; Anita Chisholm, Treasurer; Michelle Lopez, Secretary; Sheila Harjo, Director of Self-Governance and Domestic Violence Committee Member; Briana Ponkilla, Domestic Violence Committee Member, Yvette Moore, Domestic Violence Committee Member, and Wynona Coon, Tribal Member.



Kimberly Stephens and Anita Chisholm

Health Outreach



Winter Clothing Donations to the Children of Aii Early Head Start

From left to right: Chris Walker, Executive Director of Health (AST); Debra Daugomah, Health & Disabilities Manager (Aii Early Head Start); Dr. Marilynn Parker-Jones, Director of Behavioral Health (AST); Kayci Miller, Business Operations Coordinator (AST)

The Health Program has embarked on a new endeavor: Project S.C.H.O.O.L. (School and Community Health Outreach for Optimal Living). This new project is a collaboration between departments within the Health Program to provide health outreach and education to our local schools and communities. Thru this project, our organization is able to offer educational health services and preventative screenings in a school and/or community organization setting to improve the health and wellness of both children and adults.

In early 2009, our Dental Hygienist, Angie McElrath, began providing dental screenings and fluoride treatments to Head Start programs in Norman, Shawnee, and Cushing.

Project S.C.H.O.O.L. provided Dental and Behavioral Health information and screenings at the Jefferson Elementary (Shawnee) Health Fair in October 2009, where there were over 200 families in attendance. Our staff for that event consisted of: Angie McElrath, Andrea Wahwasuck, Dr. Marilynn Jones-Parker, Jenifer Sloan, Kayci Miller, and Chris Walker. The children received temporary body art and toys (donated by Sonic) as incentives for participating at our booths. Project S.C.H.O.O.L. also donated a bicycle and helmet to the school, which became the Grand Door Prize of the evening.

Project S.C.H.O.O.L. recently entered into a partnership with the University of Oklahoma American Indian Institute's Early Head Start in Tecumseh. Sylvia Swanson, RN, of the Shawnee Clinic has been exceptional in providing assistance and training to their staff. Dr. Marilynn Jones-Parker, Director of Behavioral Health, is also doing a phenomenal job in working with the Early Head Start in Tecumseh to do some training with their staff and to incorporate healthy play activities with the children. In November 2009, Project S.C.H.O.O.L. donated winter clothes and pajamas to the children that attend the Aii Early Head Start.

Project S.C.H.O.O.L. also reached out to 5 families in need during the Holidays by providing baskets filled with household items.

Our staff is honored to be able to offer such great and honorable services to our schools and communities. More Health Outreach events will be taking place in the near future... we'll keep you posted!

Welcome

Tribal Health Programs would like to extend a welcome our newest employee. As of Monday, Dr. Brandon Rogers is our new dental director. Previously, Dr. Rogers worked at the Cherokee Nation as staff dentist and dental clinic supervisor at the Redbird Smith Clinic in Sallisaw and the Three Rivers Health Center in Muskogee. Additionally, he continues to serve as a clinical instructor at the University of Oklahoma College of Dentistry Department of Endodontics. Depending on the season, Dr. Rogers likes to spend his weekends hunting, fishing, golfing, and watching football. His perfect vacation is a trip to the Fiji islands with no cell phone, email, or worries, while kicking back and listening to his favorite band the Eagles.



Community Health & Prevention would like to welcome two new employees to the Tribal Health programs.

Patricia Yarholar is the coordinator of the SDPI Community Directed Grant housed in Community Health & Prevention. Before the coming to work at the Absentee Shawnee Tribe, she worked at the Cheyenne-Arapaho, Sac and Fox Nation, and the Association of American Indian Physicians. Patricia has been married to her husband for 32 years and they have one son. They are expecting their 1st grandson in mid-December and thrilled to be grandparents.

Tara Conway is the Dietitian for the Health Programs. As a registered/licensed dietitian and certified diabetes educator, Tara will provide nutrition counseling to all patients seen through the health programs. Before coming to the Absentee Shawnee Tribe, Tara worked for the Cheyenne Arapaho, WIC, and as a food service director in a hospital setting. Tara makes her home in Piedmont with her husband and 2 sons.



Tribal Health Programs would like to welcome Libby Brakefield and Clarence Yarholar to Behavioral Health. Both individuals will be counseling and conducting case management for clients.

For the past year, Libby worked at a substance abuse treatment clinic in Oklahoma City. Libby makes her home in Purcell with her husband and son. She enjoys spending time with family and in the summer plays co-ed softball. Libby describes her perfect vacation as touring European countries and spending time on the beaches of the Mediterranean, while listening to Aerosmith's Greatest Hits.

Clarence comes to the Absentee Shawnee Tribe from the Thlopthlocco Tribal Town. He has worked with Eagle Ridge Treatment Center, Norman Alcohol Treatment Center, and was a student counselor in Behavioral Health with the Absentee Shawnee Tribe in 2002. Clarence describes his perfect vacation as sitting at home and being waited on hand and foot, while listening to Motown.

Libby will spend the majority of her time at the Little Axe Clinic and Clarence at the Shawnee Clinic.



**MSPI
Aka
“Following in Our Footsteps”
Meth/Suicide Prevention**

MSPI is off to a great start! Our mission is to prevent meth and suicide rates of children ages 12-19 years of age by engaging them in alternative activities. Pottawatomie County has the 3rd highest suicide rate in the state of Oklahoma.

Meth is being made in pop bottles. It is called “shake and bake”.

How can we help?

We use “creative arts expression”. So far we have karate lessons, guitar lessons, Native American arts & crafts. It is exciting to offer children an alternative that will bring culture into their lives.

We will also educate children of the effects of meth and suicide. Both suicide and meth can impact family and friends in ways that words cannot describe.

We will be learning:

**How to make moccasins
beading
bows and arrows
drums
Native art
Basket weaving
Dream catchers
Just to name a few.**

MSPI is planning a summer retreat for those active participants!

**We welcome you and your children to join us in this wonderful program!
Remember our children are “Following in Our Footsteps”!**

For more information call

**Kristy Morrell, MSW
MSPI Coordinator
405-878-4716**

Absentee Shawnee Tribal Behavioral Health Program

Behavioral Health encompasses the approach of holistic health. Our motto works from the S.E.M.P.S. model.

S - piritual
E - motional
M- ental
P- hysical
S- ocial

Have you ever felt the tension in your shoulders? Symptoms of stress can affect the body such as headaches, tension, moodiness, agitation. We can help! Our staff offers a wide variety of specialties that can help with coping skills to decrease the effects of stress on your body. Many people have the misconception that going to see a “counselor” is because you are “crazy”. This statement is so far from the truth. Talking to a professional without fear of others knowing your stress and problems can help decrease the effects on your body. Can you imagine restful nights, less tension, using alternate ways to cope with issues? Let us help you become the “whole person” you are!

As always, our services are confidential and secure.

We promote the wellbeing of the “whole person” within the context of their culture.



DOMESTIC VIOLENCE IN TRIBAL COMMUNITIES

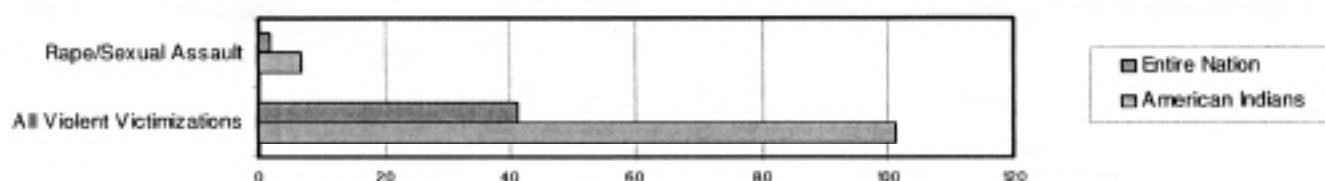
WHY IT MATTERS

Domestic violence is an issue for large numbers of Native women both on tribal lands and outside of Indian country.¹ American Indian and Alaskan Native women are battered, raped and stalked at far greater rates than any other group of women in the United States.² The U.S. Department of Justice estimates that Native American women are stalked at a rate at least twice that of any other group in the nation, and three out of four American Indian women have been victims of domestic violence.³ This disproportionate amount of violence destroys the quality of life of Native Americans and threatens the stability and security of their families, communities and tribes.

DID YOU KNOW?

- American Indians experience per capita rates of violence that are more than twice that of the U.S. resident population.⁴
- One out of three American Indian and Alaskan Native women are raped in their lifetime, compared to about one in five women in the nation as a whole.⁵
- 70% of American Indians who are the victims of violent crimes are victimized by a non-native individual.⁶
- One in five violent victimizations against American Indians involved an offender who was an intimate or member of the victim's family (between 1992 and 2001).⁷
- 25% of employed American Indian victims of violence said that the incident occurred in the workplace.⁸
- 17% of American Indian women - at least twice that of other groups - are stalked each year.⁹
- In one study of tribal jurisdictions between 1996 and 2001, 70% of orders of protection filed by prosecutors on behalf of American Indian women were violated.¹⁰
- 69% of American Indian children report exposure to violence in the home.¹¹

Annual Average Rate of Violent Victimization per 1,000 Individuals



CHALLENGES

"Jurisdictional complexities, geographic isolation, and institutional resistance impede effective protection of women subjected to violence within Indian country."—Ninth Circuit Gender Bias Task Force report¹²

There are many challenges impeding efforts to decrease violence against Indian women:

- There is insufficient funding for domestic violence services in Native communities.¹³
- Victims fear that judicial, law enforcement or medical personnel will not be sympathetic to them because of misperceptions about Indian tribes, racial prejudices or stereotypes of Indian people.¹⁴
- Tribal law enforcement agencies do not have jurisdiction over serious felonies committed by a nontribal member against a tribal member, and native victims of non-tribal members must count on the FBI to arrest these perpetrators.¹⁵
- Orders of protection issued by a tribal court are often not given full faith and credit by state courts or even by courts of other tribes, so they are not enforced outside of tribal grounds.¹⁶
- Although 85% of domestic violence and sexual assault incidents against American Indians involved alcohol, funding restrictions prevent tribes from confronting alcohol abuse directly.¹⁷
- Many tribes cannot afford to provide shelters, forcing victims to leave the tribe for assistance and making it hard for them to continue work, attend school and receive help from families.¹⁸
- In some tribes, law enforcement and victim services do not have any formal channels of communication.¹⁹

VIOLENCE AGAINST INDIAN WOMEN AND VAWA

STOP Violence Against Indian Women (STOP VAIW)

The federal **Services-Training-Officers-Prosecutors Violence Against Indian Women** program was initiated in 1995 as part of the Violence Against Women Act (VAWA) to reduce violent crimes against American Indian women. It provides federal funds to Indian tribal governments to develop and strengthen the response of tribal justice systems to violent crimes committed against Indian women. The Office of Justice Programs originally set aside 2% of total annual STOP funding for Indian tribal governments and raised this amount to 4% in 2005—even though only approximately 1% to 2% of Americans are American Indian-in recognition of the seriousness of domestic violence in tribes.²⁰

The 2005 reauthorization of VAWA continued to address violence against Indian women by strengthening tribal-based services, establishing a tribal registry to track perpetrators of violence against Indian women, establishing a Deputy Director for Tribal Affairs in the Office on Violence Against Women, and increasing tribal access to funding for domestic violence prevention.²¹ For FY 2007, no money was appropriated for research on violence against Indian women or tracking of violence against Indian women.

Although much work still needs to be done to reduce violence against American Indian women, since the initiation of the STOP VAIW program, tribal responses to domestic violence and sexual assault have improved. One study²² showed:

- An over 400% increase in complaints filed by prosecutors on behalf of domestic violence victims.
- A 36% increase in arrests of offenders.
- An increase in restraining orders. Protection orders are now available in 93% of tribal court jurisdictions.
- 76 tribal grantees developed mandatory arrest policies.
- 39 tribes addressed collateral arrests in their codes, whereas 15 more indicate that dual arrests should not occur.
- Tribes improved channels of communication between law enforcement services and victim services.
- Improved training of law enforcement officers led to more perpetrator arrests and less mutual battery arrests.
- Tribes employed tribal members in limited prosecutorial roles.
- The use of domestic violence shelters increased.
- Tribes developed working relationships with surrounding state and tribal governments to ensure the full faith and credit of their protection orders is recognized.

FOR MORE INFO

For more information or to get help, contact:

Sacred Circle at 605-341-2050 or visit www.sacred-circle.com

Clan Star, Inc at 828-497-5507 or visit www.clanstar.org

Mending the Sacred Hoop at 218-722-2781 or visit www.msh-ta.org

Walking the Healing Path at 505-409-6200 or visit www.walkingthehealingpath.org

The National Domestic Violence Hotline at 1-800-799-SAFE or visit www.ndvh.org

The National Sexual Assault Hotline at 1-800-656-HOPE or visit www.rainn.org

SOURCES

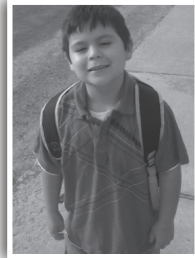
- ¹ The National Congress of American Indians. "Fact Sheet: Violence Against Women in Indian Country." www.ncai.org
- ^{2,3} Sacred Circle National Resource Center to End Violence Against Native Women. VAWA 2005 Title IX Tribal Provisions. <http://www.sacred-circle.com/Tribal%20Programs%20TitleIX%20IX.htm>
- ⁴ Perry, Steven. Bureau of Justice Statistics. A BJS Statistical Profile 1992-2001: American Indians and Crime. http://www.usdoj.gov/bjs/pdf/americaindians_and_crime.pdf
- ⁵ The National Congress of American Indians. "Fact Sheet: Violence Against Women in Indian Country." www.ncai.org
- ⁶ The National Congress of American Indians. "Fact Sheet: Violence Against Women in Indian Country." www.ncai.org
- ⁷ Perry, Steven. Bureau of Justice Statistics. A BJS Statistical Profile 1992-2001: American Indians and Crime
- ⁸ Greenfield, Lawrence A., and Steven K. Smith. 1999. American Indians and Crime. <http://www.ojp.usdoj.gov/bjs/pub/pdf/aic.pdf>
- ⁹ Sacred Circle National Resource Center to End Violence Against Native Women. 2005 Testimony. <http://www.sacred-circle.com/2005%20SC%20testimony.htm>
- ^{10,11} Luna-Firebaugh, Eileen M. (2006) "Violence Against American Indian Women and the Services-Training-Officers-Prosecutors Violence Against Indian Women (STOP VAIW) Program." *Violence Against Women Journal*, 12(2): 125-136
- ^{12,13,14} The National Congress of American Indians. "Fact Sheet: Violence Against Women in Indian Country." www.ncai.org
- ^{15,16} Bureau of Justice Statistics. "A BJS Statistical Profile 1992-2001: American Indians and Crime."
- ¹⁷ Luna-Firebaugh, Eileen M. (2006)
- ¹⁸ Sacred Circle. *Cultural Competency and Native Women: A Guide for Non-Natives Who Advocate for Battered Women and Rape Victims*.
- ^{19,20} Luna-Firebaugh, Eileen M. (2006)
- ²¹ National Network to End Domestic Violence. "The Violence Against Women Act: Reauthorization 2005." <http://www.endabuse.org/vawa/factsheets/Reauthorization.pdf>
- ²² Luna-Firebaugh, Eileen M. (2006)

For more information please see our website at www.ncadv.org



The Public Policy Office of the National Coalition Against Domestic Violence (NCADV) is a national leader in the effort to create and influence Federal legislation that positively affects the lives of domestic violence victims and children. We work closely with advocates at the local, state and national level to identify the issues facing domestic violence victims, their children and the people who serve them and to develop a legislative agenda to address these issues. NCADV welcomes you to join us in our effort to end domestic violence.

Happy Birthday !!!



HAPPY BIRTHDAY

*to my handsome grandson Robert Alford
I love you.
G-Low*

*Happy Birthday Karen Brewer!!
We love you!!
Media*

HAPPY BIRTHDAY

*to my two
beautiful daughters B.J. and Sandra Kayle
I love you,
Mom*

**Happy 18th birthday, Chels!
Love Lil.**

**Happy 7th Birthday Jaxson!!
From Mom, Dad, Jocelyn &
Jaeger**

**Happy 43rd Birthday Daddy!
(Calvin L. Wilson)
We Love You & So Does
Mommy!
Ruben & Katie Wilson**

**To Brian Onzawah
Happy Belated Birthday
on December 29th
and Happy New Year.
PROUD OF YOU.
With love from your fam-
ily.**

**Happy Belated Birthday
Jennifer Onzawah
December 31st. and
Happy
New Year.
To the best sister anyone
could ever ask for.
Love, Debbie**



**Happy Birthday, Orrin!!!
from Briana, Charlie, Jaxson, Jocelyn, &
Jaeger**



**Happy 4th Belated Birthday to my "BB"
Braylon Dean Colbert
December 29th
We LOVE You!!**

**Love Momma, J-Dizzle, and Daddy Michael
Dustin!!**



**we wish all a very happy birthday
clay foreman jan.2
mary foreman jan 14
elijah foreman jan.26
patrick watson jan 21
pat johnson jan 22
best wishes to all
from the kasecas and foremans**

**happy birthday
uncle pat we're ready to go ride 4-wheelers again**

love kantynn and kanynn

**happy birthday
cousin patrick watson will you swing me
love kanynn**

Congratulations

In the month of November-the AARP honored Native Elders with approximately 300 attendees at the ceremony at the Will Rogers Theatre in OKC in which 94 year old Martha Ellis Edwards was honored at the ceremony.

**CONGRATULATIONS MARTHA ELLIS EDWARDS
FROM YOUR FAMILY**

THE MEDIA DEPARTMENT'S

INTERESTING FACT...

DID YOU KNOW THAT THE AVERAGE CHOCOLATE BAR IN THE U.S. CONTAINS AT LEAST 8 PIECES OF AN INSECT IN IT? HARVESTING OF THE CACAO BEANS OCCURS IN THE TROPICAL COUNTRIES OF SOUTH AMERICA WITH LOW SANITATION LEVELS. CACAO TREE BEANS ARE CUT AND PILED IN THE FARMER'S FIELD WHERE THEY FERMENT FOR 6 DAYS. DURING THIS PROCESS, CHILDREN AND ADULTS WALK OVER THE PILES; INSECTS, RODENTS, SMALL ANIMALS AND OTHER LIVING THINGS THAT MAKE THEIR NESTS IN THE PILES. ACTUALLY THE U.S. DEPARTMENT OF HEALTH PUBLISHES A BOOK ENTITLED "THE FOOD DEFECT ACTION LEVELS" IN WHICH THEY LISTED UNAVOIDABLE DEFECTS IN FOOD (INSECT, RODENTS ETC.) ALL ALLOWED BY FDA.

WWW.INTERESTINGFACTS.ORG

UHH...CHOCOLATE ANYONE??

Our Apologies

Due to an error the following tribal members' names were not included in the 2010 Absentee Shawnee Tribe calendar on the "In honor of the memory" page: Geneva Maxine (Brown) Larney, Pauline Bullfrog Senoya, Charlene (Masquat) Atwell, William Squire, Mary Elizabeth Brown. However, additional calendars have been printed with these names included. On behalf of Media we apologize.

MISSING

Lost tag 5525
if found return to Absentee Shawnee Tax Commission
thank you.

ASTI funded its first Scholarship recipient in October of 2009 and would like to update the community on Mr. Wilson's experience at the 2009 AISES Conference. The following is a narrative written by Mr. Wilson describing the conference, what the experience meant to him and he includes as an introduction, some statistics about the conference for those that may be unfamiliar with it. Just some stats:

2009 National Conference Statistics

Total Conference attendance: 1449

College Students: 478

Professionals: 341

High School students & chaperones: 92

Exhibitors and Sponsors: 538

Number of Organizations Exhibiting: 170

Corporations: 28

Government Agencies: 55

Universities/Colleges: 55

Non-profit organizations: 32

Total number of Concurrent Sessions: 4

Members of ASTI,

I would like to say thank you very much for helping me attend the American Indian Science and Engineers Society National Conference in Portland Oregon last month. I met so many people that are willing to help me succeed in life. If it wasn't for the help of the Absentee Shawnee's ASTI program I would not have been able attend.

After almost being snowed in at the

Denver airport I finally made it to Portland early Thursday morning. While at the conference I met a lot of different people from all over the world. I believe it was safe to say that I was the only Absentee Shawnee tribal member in attendance. I felt honored to tell the people I met about our tribe and how they helped fund my trip. I met other young people that will one day lead not only their tribes but our government as well.

All day Friday and till noon Saturday I attend different sessions that taught tips for success, resume builders, and making your first impression the best impression. Also serving as an ambassador for the University of Oklahoma I attended area, regional, and national caucuses. During the national caucus I was one of five that helped the University of Oklahoma bid for the national conference of 2012. Unfortunately the board picked Anchorage Alaska.

Saturday afternoon I had a chance to travel and see the city. Myself along with others from the University traveled to the seafood district and china town to sample some of the find dining that Portland offers.

Again I can't express my gratitude to the tribe for helping me attend the AISES National conference. If it wasn't for funding from the University of Oklahoma, Shell, Google, and the Absentee Shawnee Tribe I couldn't have afforded the trip. I'll leave with a few of my favorite quotes I heard while attending the conference.

"Why are you here? You are not only representing yourself but you

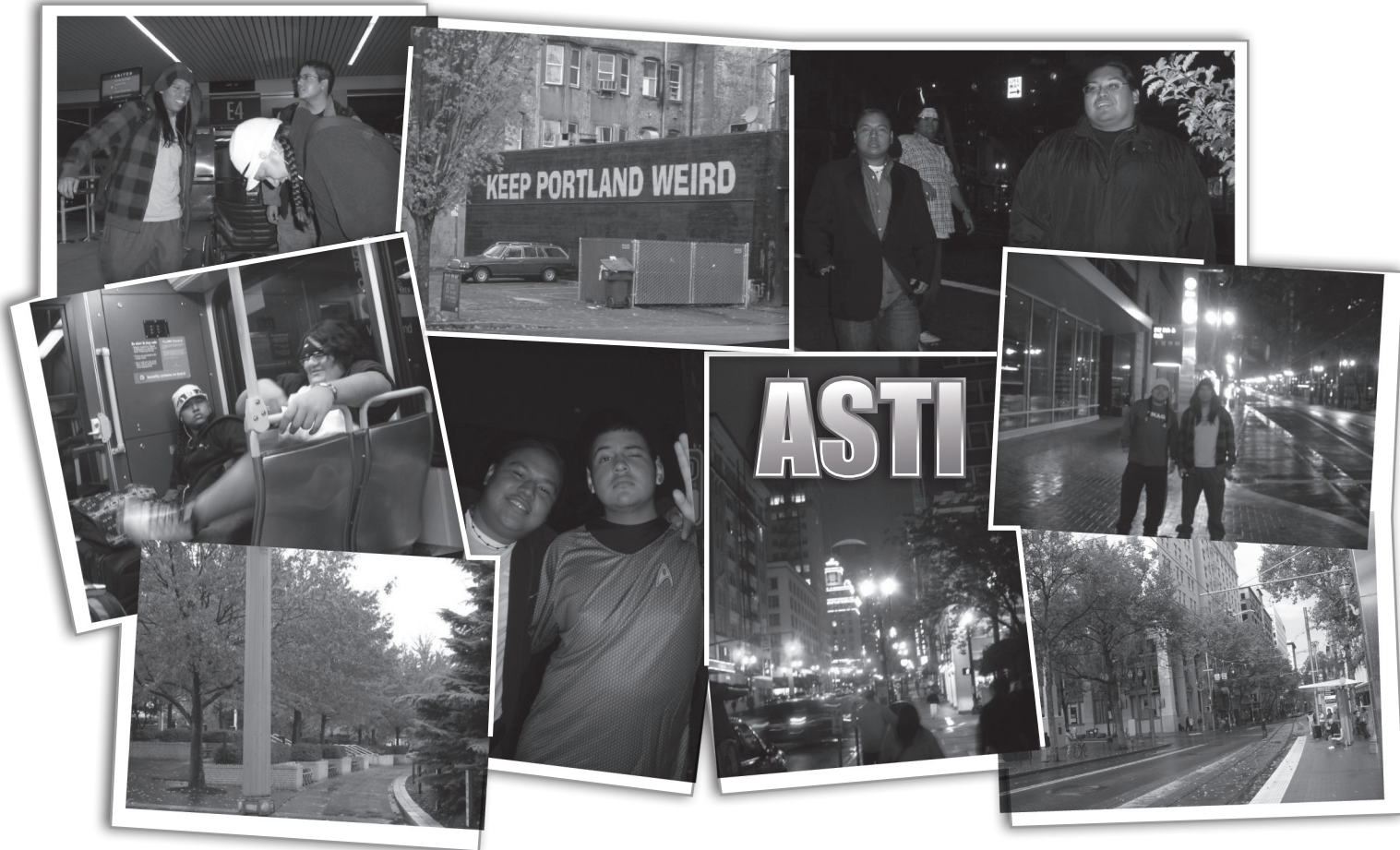
tribe as well.. Theres a reason why your here, its up to you if you take advantage of experience. This is one of the few times when future leaders can come together and begin solving some of the problems we face today. It all starts today, it all starts with a handshake.." Solo Green

"its not about where you are walking from, its where you are going.."

Again I say thank you for your help.

Wesley Wilson





Building Blocks

The day is almost here. The new Building Blocks Child Development Center located on the Absentee Shawnee Tribal complex is about to open. The proposed opening date is January 19th. The center will consist of nine classrooms, ranging in rooms for infants to school age. There is a dining room area for the children to have breakfast and lunch. A work room gives teachers numerous resources to plan developmentally appropriate lesson plans for their classrooms. A large indoor play area will be available for teachers and children to use during inclement weather. Four of the older children's classrooms and the indoor play area are equipped with The TeachSmart® Learning System. This will give an extended learning opportunity for all the children within the center. Two large televisions are located in the indoor play area and will have access to educational programming. Anyone entering the area of the center where the classrooms are located must be permitted access by a staff member. This allows staff to know what visitors are in the center at all times. There is a separate playground for the infant and toddler children giving them a safe area to play. The older children can use the large playground without worry of injuring the younger children. There will be many learning opportunities for all ages of children at the new child care center. Representative Onzawahwah made a comment about 'life long learning begins here'. We have adopted that phrase to be our motto. You will find it posted at the entrance to the center. An open house will be planned for the children and their families of the child care center. Watch for the grand opening to be set at a later date. If you have questions about the new center, please contact Donna Campbell at 878-0633. To obtain an application for the waiting list for the child development center come to 4000 N. Kickapoo. The children and staff at Building Blocks would like to thank the parents and family members who attended our annual Thanksgiving Dinner. Children really enjoy when parents come to their 'school' to eat with them.

Donna Campbell
Director

Education Department

The following are current programs administered by the Absentee Shawnee Tribe Education Department:

- **Academic (K-12) Program:** assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- **Zahn Program:** established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program:** funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calendar year or per program.
- **Higher Education: Education Incentive Award Program:** funds for undergraduate degrees, one associates or bachelors degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
- **Graduate Scholarship Program:** funds for one master's degree or one doctoral degree, and can fund for one graduate admissions test. This program has funding levels based upon full-time and part-time status.

All funding is based upon the availability of funds at the time of application.

Attention:

All applications and guidelines are available at www.astribe.com. Click on Services and select Education.

There are no deadlines for the Job Training Adult Education Program, but you must submit your application documents at least three weeks prior to the beginning of the course to ensure funding is available and can be disbursed to the institution.

Deadline for submitting spring 2010 semester applications for the Education Incentive Award Program was December 23rd, 2009. If you are still interested in taking courses for the spring 2010 semester please contact us immediately for more information.

For more information, please call Tresha Spoon at (405) 275-4030 ext. 121 or 1-800-256-3341 or email to tresham@astribe.com.

AST/EOC Tech contract courses still available:



The Absentee Shawnee Tribe has an agreement with Eastern Oklahoma County Technology Center to offer courses for tribal members and employees. More information is available on the tribe's website at www.astribe.com, click on the Adult Career Development link. No online courses are covered in the contract. All courses are campus-based courses only. The contract covers tuition and books, additional supplies required for the courses are the responsibility of the tribal member. Eligible courses are short-term courses, no full-time programs. This contract covers up to \$6,000.00 worth of tuition and books for tribal members, once this amount is depleted the agreement ends. A catalog of fall/winter 2009 courses can be found at www.eoctech.org.

We have been into this agreement for a couple of years and we need to fulfill this agreement as soon as possible. For tribal members interested in taking a course, the application is available for download or a copy can be picked up at the Education Department. Tribal members need to make an appointment to meet with the Education Director, Tresha Spoon, to complete the application process. Please bring your completed application and a copy of your tribal enrollment card.

If you have any questions, please call Tresha Spoon at (405) 275-4030 ext. 121 or email to tresham@astribe.com.

SGU

Alum Waters honored as Oklahoma Indian Elder

St. Gregory's University alumna Modina Waters was one of 50 American Indians honored last week in Oklahoma City at AARP Oklahoma's first annual Indian Elder Honors. Waters and the other honorees represented a total of more than 30 tribes at the event, which was held at the Will Rogers Theatre.

Among the honorees were authors, poets, educators, chiefs and governors, elders who have kept their cultures alive by saving traditional dance and language, those who have fought for federal recognition of their tribes and nations and veterans — including the last surviving American Indian from the Bataan Death March.

AARP National President-Elect Lee Hammond was on hand to deliver the keynote address and help present medallions along with AARP Oklahoma Volunteer State President Marjorie Lyons and State Director Nancy Coffey.

"It was a beautiful night to salute these American Indian Elders," Lyons said. "AARP Oklahoma has pledged to continue working with Oklahoma Indians to understand their unique needs and find ways that the



St. Gregory's University alumna Modina Waters (left) was recently honored as an Oklahoma Indian Elder at a recent ceremony hosted by AARP Oklahoma. Waters, a 2004 graduate of SGU, was presented a medallion by AARP Oklahoma Volunteer State President Marjorie Lyons (right). PHOTO PROVIDED

association can help them age with dignity."

Waters, who earned a bachelor's degree in humanities from SGU in 2004, is the former Vice-Chairman of the Kiowa Tribe of Oklahoma. Her professional career spans more than 20 years with the Indian Health Service. She was the primary grant petitioner with the Shakopee Sioux com-

munity in Minnesota. Her involvement in this grant as a private citizen led to the Kiowa Tribe receiving a grant of \$1 million to purchase Indian City, U.S.A., near Anadarko.

Waters has served on numerous boards through Indian Country and Oklahoma with emphasis in community service and health related issues. As a member of the

Kiowa Gourd Clan's War Mother's Society, she is an advocate for U.S. Veterans and the cultural life ways of the Kiowa people. She is the great-great granddaughter of 1867 Kiowa Treaty Chief Tdohasan.

Waters currently is the clinic administrator for Little Axe Clinic and Shawnee Clinic of the Absentee Shawnee Tribe.

AST Elders Council
Saturday, January 16, 2010
10:00 a.m.
Resource Center Little Axe
Fundraiser chili dinner following meeting

Absentee Shawnee Tribe Veterans Association

On the evening of December 9th, approximately 50 plus members and guests of the Absentee Shawnee Tribe Veterans Association gathered at the Tribe's Title 6 Building to celebrate yet another eventful year. The dinner held that evening was the Association's 4th annual Christmas Dinner. The fifty plus in attendance ranks second only to the group's first dinner in 2006, which attracted 53 and was held at Thunderbird Casino. Governor George Blanchard, along with his wife Sue, was on hand as the Tribal Executive Committee representative and offered the remarks as well as the invocation and benediction.

The night's Guest Speaker was Randy Atkins, who shared a slideshow. Mr. Atkins is Assistant Principal at Western Height's Middle School, in Oklahoma City. Mr. Atkins is currently working with the Alabama Historical Commission and the Fort Morgan Foundation to have a memorial erected for the Civil War ironclad USS Tecumseh at Fort Morgan State Park in Gulf Shores, Alabama. The memorial is also planned to contain information about the Shawnee leader – Tecumseh, for which the ironclad ship was named.

The group was also joined by a special guest, all the way from Afghanistan, Private first Class Shawnee Tapia, son of Tribal member Linda Day, who is a member of the Association. He will be returning to his post shortly. The Association honored PFC Tapia with an organizational coin and the Warriors Medal of Honor.

Six veterans and five spouses (associate members of the organization) were honored during the evening's events. Three members were honored posthumously including: Jesse Alford, accepted by wife Karen Wiggins; Harold Tiger, accepted by wife Luvenia Tiger; and Linda Charley, accepted by husband Roy Charley. Also receiving awards were veteran members: Elroy Alford Sr., David Haskins, Shawnee Tapia and Gerold Vanderburg.

The following ladies were honored with the New AST Veterans Association Spousal coins: Mary Birdtail (wife of member Richard Birdtail), Stella Little (wife of David Little), Kay Snake (wife of Lewis Snake) and Danielle Voyles (wife of David Voyles).

The Association also welcomed new member Keith Longhorn during the event.

The next AST Veterans Association meeting will take place at the Thunderbird Casino meeting room (far Southeast end of Casino) on Wednesday, **January 13th** and will begin at **7PM**. Meetings are open to all Veterans. For more information on the Absentee Shawnee Tribe Veterans Association you can call John Vanderburg at (405) 275-4030 ext. 205 or 1-800 256-3341 ext. 205.



**ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
REALTY DEPARTMENT**



Thursday, MARCH 11, 2010
ABSENTEE SHAWNEE RESOURCE CENTER
Little Axe, Oklahoma
9:00 a.m. – 4:00 p.m.

In a joint venture Oklahoma Indian Legal Services (OILS) and the Realty Department will conduct a free will clinic at the Absentee Shawnee Resource Building in Little Axe, OK. OILS will be available on-site to assist with questions and the preparations of a Last Will and Testament for Tribal members ONLY.

Appointments will be in 45 minute increments, sign in 15 minutes before scheduled time with the following items;

- 1.A drivers' license or state ID
- 2.A tribal ID card with enrollment number
- 3.Ownership information or quarterly statement from OST
- 4.Legal descriptions for each of your real property holdings
- 5.If you wish to specifically bequest personal property, please bring a good description of that personal property. (Jewelry, furniture, etc.)
- 6.Bring your existing will, if you have one or wish to revise your existing will
- 7.Date of birth for your children or devisees

Please call Jamie Gipp at 275-4030, ext 125 to schedule your appointment

NOTICE

IIM ACCOUNTS/ADDRESS CHANGES: If you have moved, you will need to contact the Office of Special Trustee for American Indians (OST) and request an address change form. If you do not have a current address on file and you receive money in your IIM account, an automatic hold is placed on your account. You will no longer be able to receive a check until OST receives your new address.

Please note that that OST does not process royalty checks (oil & gas) until the amount in the IIM account reaches \$5.00 and for farming and grazing leases, the amount is \$15.00.

Should you have a question about your IIM account you can contact the OST Trust Beneficiary Call Center at 1-888-678-6836 or online at www.ost.doi.gov.

You will be asked for the first three digits of your IIM account number in order to be transferred to the area that handles your account. If it is an Absentee Shawnee account, the three digit number will be "820".



menu subject to change

2% milk served daily January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Happy New Year!!

3	4	5	6	7	1	2
	Fish Mac N Chez Hushuppies Coconut Pie	Polish Sausage Red Pot. Greenbeans Pudding	Chili Carrots Crackers Chez stick/Cake	Chicken Strips Mashed Pot/Gravy Corn/Roll/Jell-O	New Year's Day AST Closed	
10	11	12	13	14	8	9
	Hamburger Fixings Baked Beans Fruit Cocktail	Roast Beef Mashed Pot/Gravy Brussel Sprouts Roll/ Pears	Navy Beans w/ham Cornbread Tom. & Okra Apple crisp	Tamales Spanish Rice Refried Beans Pineapple Cake	Biscuits Sausage Gravy	
17	18	19	20	21	15	16
	Martin Luther King Day AST Closed	Meatloaf Mashed Pot/Gravy Greenbeans Roll Peaches	Pork Chops Stuffing Peas & Carrots Pineapples	Stew Spinach Crackers Chez Stick/Apricots	Eggs Ham Biscuit	
24	25	26	27	28	22	23
	Spaghetti w/meatsauce Okra Breadsticks Mandarin Oranges	Hot Ham n Chez Pot. Salad Chips Muffin	Baked Fried Chicken Mashed Pot/Gravy Peas/ Roll Banana Pudding	Goulash Squash Garlic Toast Pears	Oatmeal Bacon Toast	
31					29	30

REMINDER:
During the winter months if the Shawnee & Little Axe Schools are closed due to the weather, we will also be closed.
Not going to be home call & let us know at 405-275-4030 ext 169 or notify you driver

HAPPY NEW YEAR!!!!

We hope you had a safe and Happy Christmas!

AST Complex will be closed on January 1; no meals will be served or delivered on this day.

Title VI will be having Bingo on January 13, at the Little Axe Resource Center, 11am and we will be serving lunch. Homebound will be getting a sack lunch on the 12th.

AST Complex will be closed January 18 for Martin Luther King Jr Day; no meals will be served or delivered.

During the winter months if the Shawnee & Little Axe Schools are closed due to the weather, we will also be closed.

If you have any questions you can call me at 405-275-4030 ext 169.

Yvette Moore
Title VI Coordinator

FREE Smoke Alarms and Carbon Monoxide Detectors **still Available!!**

OEH personnel will provide and install smoke alarms and/or carbon monoxide detectors for enrolled Absentee Shawnee tribal members living in Pottawatomie, Cleveland, or Oklahoma County.

We will also collect global positioning information to track fire statistics in the tri-county area over a three year span.

Complete a short survey then schedule a time and date for installation. Surveys are available at the OEH office and at www.astribe.com.

Please contact OEH at 214-4235 for more information.

DOUBLE YOUR THUNDER

Match Slot Play for **EVERYONE**

Friday • 9am-7pm
Saturday • 9am-3pm
Sunday • 9am-3pm



NEW HOURS
FOR WEEKEND
MATCH PLAY!

SENIORS DAY
MONDAY
9AM-3PM

LADIES NIGHT
TUESDAY
NOON-9PM

MEN'S NIGHT
WEDNESDAY
NOON-9PM

SENIORS DAY
THURSDAY
9AM-3PM

DOUBLE YOUR THUNDER

Absentee Shawnee Tribal Promotion Day
Last Friday of the month.

Show Absentee Shawnee C.D.I.B. Card
and get \$10 for \$20 from 9am-7pm.

Half price buffets on Monday nights, must show AST C.D.I.B. Card



**NEED A CAR, TRUCK OR SUV
AS LOW AS \$299.00 DOWN - WAC
E-Z APPROVAL - LARGE SELECTION**

FREE LIMITED WARRANTY

**CALL AUTO CREDIT SOLUTIONS @
405-526-4600**

AND ASK FOR BIG LARRY OR LITTLE JOHN

Foster Parents Needed!!!

Can you open your home and heart for a foster child.? Foster parents provide a temporary, safe home for children in crisis. Foster parents are partners with child welfare workers, lawyers and judges. It is not for everyone but if you have it in your heart - we need you.

- Can you love and care for a child who comes from a difficult background?
- Can you help a child develop a sense of belonging?
- Are you secure in yourself & your parenting Skills?
- Can you maintain a positive attitude toward a child's parents?
- Can you love with all your heart & then let go?

FOSTER PARENTS PROVIDE A TEMPORARY, SAFE HOME FOR CHILDREN IN CRISIS. THEY ARE PARTNERS WITH WORKERS, LAWYERS, AND JUDGES. IT IS NOT FOR EVERYONE! CAN YOU OPEN YOUR HOME AND HEART FOR A FOSTER CHILD?

Many children need a loving home and a family to help them through a very tough time. Please think about it and talk with your family before you become a foster home. They all need safe, supportive environments!

If you find yourself and your family interested in Foster Care, please contact Melissa Lopez 405-275-4030 ext. 166.



Absentee Shawnee Housing Authority

1117 N. Kimberly, Shawnee, Oklahoma 74804

Phone: (405) 273-1050

Native American Programs Available:

- ❖ Lease with Option to Purchase
- ❖ Rental
- ❖ Over-Income Down Payment Assistance and Maintenance Assistance for Enrolled AST Members
- ❖ Maintenance Assistance
- ❖ Down Payment Assistance



Office of Environmental Health & Engineering

• Tribal Housing Improvements Application

The Tribal Housing Improvement Program's goal is providing sanitary, safe, and decent housing for its members by utilizing the following criteria to select the most "in need" tribal members with homes that are in disrepair but are still suitable for rehabilitation. All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

THIP list all applicants by a priority list:

- a. Handicapped/Disabled and Elderly
- b. Income
- c. Family Size/Overcrowded Living Conditions
- d. Condition of Home

Other Programs available:

• Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents attached before the application will be processed.

Applications are available online on the website: www.atribe.com.

Submit completed application to:

Office of Environmental Health & Engineering
Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Dr.
Shawnee, Ok 74801

Absentee Shawnee Tribe Complex
Office of Environmental Health & Engineering, Building 13
If you have any questions, you can reach us by phone at (405) 214-4235



**SOME SERVICES THAT
ARE OFFERED INCLUDE:**

BUSINESS CARDS

INVITATIONS

ANNOUNCEMENTS

LOGO DESIGNS

GRAPHICS

BROCHURES

ENVELOPE DESIGNS

COPIES

COMING SOON: BANNERS

PHARMACY NEWS

ABSENTEE SHAWNEE TRIBAL PHARMACY SHAWNEE, OKLAHOMA

The Absentee Shawnee Tribal Pharmacy (Shawnee Location) can fill prescriptions for enrolled tribal citizens only.

The Absentee Shawnee Tribal Clinic Pharmacy in Little Axe can fill prescriptions for tribal citizens written by Physicians not located at a Tribal Clinic under the following circumstances:

1. The prescription is for an Absentee Shawnee Tribal citizen who has an established chart at the Little Axe Clinic.
2. The prescription is on the formulary of approved medications and stocked in the pharmacy.

The following are a few tips to help us deliver pharmacy services to you more efficiently;

- ✓ Present insurance cards each time you pick up or drop off a prescription.
- ✓ Keep us informed of all changes in address, phone number and other contact information.
- ✓ Let the Pharmacy staff know if the prescription is going to be picked up or needs to be delivered.
- ✓ If you have any questions concerning your prescription please feel free to call and talk to our Pharmacist. They are here to assist you with your pharmaceutical needs.



Absentee Shawnee Tribe of Oklahoma

Little Axe Clinic • Little Axe Dental Clinic
15702 E. Hwy 9
Norman, Oklahoma 73026

Phone: (405) 447-0300 Fax: (405) 447-2250

Clinic Operating Hours

Monday thru Friday 8:00 a.m. - 5:00 p.m.

Weekends/Federal Holidays

Closed

*** Clinic and Pharmacy will be closed the
3rd Wednesday of each month
from 1:00 p.m. to 5:00 p.m.**



ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA
2025 S. GORDON COOPER DR.
SHAWNEE, OK 74801

PRSRT
STANDARD MAIL
U.S. Postage Paid
Permit No. 434
Shawnee, OK 74801

2010 TRIBAL PHONE NUMBERS

Tribal Complex	(405) 275-4030
or	1-800 256-3341
OEP	(405) 273-9966
Building Blocks	(405) 878-0633
Health Programs	(405) 878-4702
or	1-877-878-4702
Little Axe Clinic	(405) 447-0300
Shawnee Clinic	(405) 878-5850
Shawnee Pharmacy	(405) 878-5859
Behavioral Health	(405) 878-4716
LA Resource Center	(405) 364-7298
or	(405) 364-7569
LA Cultural Center	(405) 447-3372
AST Police	(405) 275-3200
or	(405) 275-3432
OEH	(405) 214-4235
AS Housing Authority	(405) 273-1050
Thunderbird Casino	(405) 360-9270
Or	1-800-259-LUCK
AST Media Dept	(405) 598-1279
AST Media Dept	Fax (405) 598-1294